

WORDS OF

Editorial: Gratitude for Each and Every One of You!

Greetings to our WOTE family. Just returned from East Coast where Cynthia and I spoke at 4 events with 4 of our wonderful teachers. It was a marvelous time of honoring the many who support, partake in, and are part of WOTE via the Plant and Tree Kingdom. Thanks so much to you Siddiqa, Leila, Lisl and John, for your hospitality and efforts on behalf of WOTE, not only on this trip, but day in and day out.



And, finally, much love and thanks to all whom we met and shared the events with. It was wonderful offering our thoughts on how the Essences support

us in the often chaotic but exciting times we live in, and the door they provide to higher expression and higher consciousness. Mother Nature made herself known, not only through the essences we shared, but by her thunderstorms as well! Not to be deterred by a little loss of electricity, we enjoyed the event in Philadelphia that was “powered” by the light of the many candles and beautiful energy in the room. All in all, Cynthia and I truly were blessed to be in your presence and share these messages with you.

This quarterly newsletter is once again sharing just a fraction of the many Level 1 Certification Papers coming in via our beautiful students. The content and substance continue to inspire so many, and we here at WOTE have shed many a tear because of being touched so deeply by the student’s hearts via the written word.

Enjoy and continue to awaken to the Shift and lifting of Gaia’s Consciousness, and if we choose, ourselves. Happiness, Joy and Peace.

Love, Barry

Barry Kapp, Master Medicinal Aromatherapist and Founder of Wisdom of the Earth, has studied aromatherapy internationally, and shares his experiences, explorations, feelings and knowings via seminars, his books, and through his own medicinal aromatherapy practice. While he has had many human mentors, he believes that his Tree, Plant & Animal friends have influenced him even more. Barry was introduced to the wonders of the Natural World by his parents, and his passion is still the same today. Formerly a dairy farmer, Barry grew his own crops and used herbs to treat his animals; they, in turn, taught him many truths about all beings’ true connection to Mother Earth.

REFLECTIONS ON GRATITUDE

If you have only one breath left, use it to say “thank you”.

–Pam Brown

Melissa, like a beam of light, gladdens the heart and engages the soul in its own graceful rhythm.

Reaching inward, caressing the inner being, the warm radiance of Melissa directs the spirit toward mindful reflection on all that you have to be grateful for.

–Robbi Zeck in *The Blossoming Heart*

Feeling gratitude and not expressing it is like wrapping a present and not giving it.

–William Ward



St. John's Wort... Both Medicine & Magic!

During the Middle Ages, St. John's Wort was used for both medicine and magic.

The plant blooms around June 24, celebrated in the Middle Ages as the birthday of St. John. It was the custom of the people to gather the herb at midnight on St. John's Day, and ask for his blessing for the coming year.

The herb was also used for divination and protection. Young women plucked the petals to determine whether they would marry in the coming year. It was also believed that if the flowers did not wilt immediately, all in the household would live for the coming year. This Old English poem spells out just what the people needed to do:

*St. John's Wort doth charm all the
witches away...*

*If gathered at midnight on the saint's holy
day...*

*And devils and witches have no power
to harm...*

Those that gather the plant for a charm.

*Rub the lintel and post with that juicy
flower...*

*No thunder or tempest will then have the
power...*

To hurt or hinder your houses: and bind

Round your neck a charm of similar kind.

Paracelsus, the 16th century physician and alchemist, called St. John's Wort "arnica for the nerves." He was one of the first to treat mental illness and emotional disturbances with St. John's Wort. He used it to treat wounds, parasites and delusions and hallucinations. During the 19th century, St. John's Wort fell into disuse, and was



re-discovered in the mid to late 20th century. It is the leading anti-depressant in Germany, and is also analgesic, anti-viral, anti-inflammatory, anti-spasmodic, a diuretic and a nutritive tonic.

As Patricia C., in her Level 1 paper notes: St. John's Wort is the essence of sunlight. She is the color of the sun... an earth star. It stands to reason that St. John's Wort nourishes the heart. She heals what is brought to her, be it a cut finger or a broken heart.

Ed. Note: Thank you, Patricia, for your beautiful paper !

Magnolia...Another Ancient Gift for Today's Needs

The magnolia tree is so ancient, it existed before the bee. Interestingly, as a result of this, the flower is pollinated by a beetle. Although the root is not used much today, at one time it was thought to be more effective than quinine in treating fever and chills. The bark is considered to be an antibacterial source, aiding in reducing asthma and allergies. It is associated with the treatment of lung, digestive, stomach, brain and respiratory issues. In Traditional Chinese Medicine, the bark is used to bring the qi downwards and transforms dampness.

The blossom, whose essence is coaxed from the fragrance sacs by steam distillation, is effective as a treatment for chronic respiratory and sinus infections, along with lung congestion.



As Lynn G. elegantly notes in her paper on Magnolia: Disease gives many lessons to the individual. It signals to the psyche, the body and the spirit that there is a large issue looming that needs to be acknowledged and consciously worked with to restore health. Dis-ease awakens. Dis-ease provides one with the opportunity for an expansion of consciousness. Plant medicine gives us back to ourselves. And, as Barry says in his book: "A flower once told me that when Humans take their power back, they will blossom like a Magnolia."

Ed. Note: The beauty of so many of our Level 1 papers is that the writer reflects on what he or she has learned through the research, and integrates it with the experience of bonding with the consciousness of the essential oil. Lynn's heart-felt and thoughtful observations attest to the profound understanding that results.

Upcoming Wisdom of the Earth (WOTE) Events

2013 & 2014 LEVEL 1 & LEVEL II OFFERINGS: Please contact the teacher listed to confirm details, or visit www.wisdomoftheearth.com and click on Classes. Level 1 Registration: \$475 tuition; \$25 off for early registration (30 days before class date). \$25 off for couples or two family members. Level II five day Advanced Retreat: Held at WOTE in Page Springs, AZ \$1,500 tuition, most meals and all ceremonies. WOTE has some rooms available for rent; contact Cynthia for details.

10/11-13/13	New York, NY	Leila Astarabadi	917-273-6530
10/18-20/13	Irvine, CA	Lemia Astarabadi/Josh Bowser	949-677-3700/949-370-9904
10/25-27/13	Citronelle, AZ	Craig & Lisa Kalloch	251-866-7204
10/25-27/13	Stowe, PA	Sharon Riegner	610-326-8391
10/25-27/13	Carbondale, CO	Kat Diamond	970-366-0963
11/8-10/13	New York, NY	Leila Astarabadi	917-273-6530
11/8-10/13	Greendale, WI	Tresa Laferty	(262) 902-2271
11/16-17/13	Canton, CT	Lisl Huebner	860-673-6863
11/22-24/13	Mexico City, MX	Lemia Astarabadi/Josh Bowser	949-677-3700/949-370-9904
12/7-8/13	Santa Fe, NM	Audre Gutierrez	505-438-0855/928-300-5090
12/7-8/13	Sedona, AZ	Marah Marlette	928-300-4674
12/6-8/13	Huntington Beach, CA	Leslie Palmer	760-689-8021
2/22-23/14	Santa Fe, NM	Audre Gutierrez	505-438-0855/928-300-5090
2/21-23/14	Chadds Ford, PA	Siddiqa Salter	484-542-5547
4/11-13/14	New Hartford, CT	John Odlum	860-922-6846
4/23-27/14	Page Springs, AZ	Audre, Barry & Cynthia – Level II	928-649-9968
5/3-4/14	Tesuque, NM	Sam Berne	505-984-2030
5/17-18/14	Santa Fe, NM	Audre Gutierrez	505-438-0855/928-300-5090



“I debated and debated about whether now was the time for me to explore my love of aromatherapy in a more formal way. After taking the “leap” to attend your Level 1 class, I can’t even remember what the debate was about! I have learned that my connection to the natural world is deep within my being, and that all I really need to be healthy and balanced can be found in the Plant & Tree Kingdoms. The essences are powerful allies, and I honestly don’t know what I would do without them.”

~Level 1 Student (NC)

Spikenard... A Fragrance of Forgiveness... an Ancient, Holy Essence

During the time of the Level 1 Workshop, I was five months pregnant and not resting well. A good night's sleep at the time was elusive. At this point, I was willing to give anything a try! In class, we discussed Spikenard, and Audre shared her experience with the oil for deep relaxation and sleep... the ability to fall and stay asleep within minutes of application. I was sold, and wanted to try it as soon as possible. Needless to say, with this magnificent oil, I had the best sleep ever!

As I continue the use of Spikenard, I learned that, just like other essential oils, I begin to discover her various personalities, her own unique voice and her intelligence. The scent of the oil smelled very old-worldly, as if she has travelled many far away places, healing the people and places she touched.

Like a mother, she knows when to gently nurture your soul, while soothing your pain... and when to have a commanding voice to help guide you back to your heart space. I feel a level of comfort, protection and safety when she is near.

My dreams are very vivid and clear with her. In one



dream, I was feeling distressed and helpless during birthing. Upon asking her what this meant, she replied "There

are emotions and feelings of fear during this time... all normal to have, my dear. We hear your thoughts and when you have these feelings, send them into the loving light of the ethers and we will take care of them. It is not wrong to have these feelings, just make sure you release them. We will protect, help and guide you during this sacred time."

Spikenard is used as a perfume, an incense, a sedative and an herbal medicine said to fight insomnia and birth difficulties. It is a stimulant to the male hormonal system that brings courage and power. In preparation for the departure of the spirit to the heavens, Spikenard allows us to release our fears of the unknown and have the courage to step forward.

Spikenard serves to reconcile all that has happened to us in this lifetime upon Earth, and to make peace with those who have hurt us. It is a fragrance of forgiveness, helping us to release the past from the shackles of our own making, and those that relentlessly bind us to repeating actions that affect the freedom of the Spirit.

Considered a holy essence in ancient Egyptian,



Hebrew and Hindu civilizations, Spikenard essential oil was reserved for use by kings, priests and high initiates. It is said that Jesus and Mary Magdalene participated in the Mystery School as taught at Dendera and learned the magic

of the esoteric anointing oils. The Egyptian Blue Lotus, Frankincense and Myrrh, as well as Spikenard, Galbanum and Rose were all treasured for their healing and spiritual properties. They were kept in treasuries and guarded as fiercely as gold.

There is an outer building at Dendera called the Sanatorium, where the initiates were anointed with oils by the priests in order to experience prophetic and oracular dreams. The Sanatorium was later used as a healing center, where holy water was mixed with essential oils, amulets and crystals, and used for bathing to relieve physical, mental and emotional distress. The Greeks, and later the Romans, adopted this practice and carried it into Celtic Britain and Gaul, and the idea of the "spa" was born.

Ed. Note: These excerpts are from Nancy M's thoughtful and inspired Level 1 certification paper. Her beautiful son was born some months later, and she used essential oils to support the birthing process and honor its sacredness.

*Spikenard is one of the most ancient of aromatics and appears in The Gospel according to St. John. Here the oil is used by Mary Magdalene to anoint Jesus before the Last Supper: "Then took Mary a pound of ointment of spikenard, very costly, and anointed the feet of Jesus, and wiped his feet with her hair; and the house was filled with the odour of the ointment." Like frankincense and myrrh, the association of the herb with Jesus highlights its age-old mystical significance. -- G. Mojay in *Aromatherapy for Healing the Spirit**

More Magic... The Liquid Gold of Helichrysum

Helichrysum is a true miracle of Mother Earth. A key learning of Siddiq Salter's Level 1 class is that Helichrysum is the super power of the medicinal aromatherapy world.

A member of the Asteraceae family, Helichrysum italicum grows in coastal Mediterranean regions. Although there are many species of Helichrysum, it is only the italicum that begets the true Immortelle or Everlasting that has the highest regenerative powers. The island of Corsica is believed to grow the most precious and effective grades of this essence.



Immortelle has petite, golden buds that flower in June. It is said that the flower never fades, even after being picked. It is quite miraculous, given that the plant thrives in the arid, scrub-covered mountains of Corsica's Balagne region. Helichrysum is almost exclusively wild-crafted, as cultivated strains do not produce the high concentration of its therapeutic ingredients. This fact contributes to Helichrysum's relatively high cost.

Ancient Greeks often used Helichrysum after battle to heal wounds. Immortelle was the beauty secret of Princess Nausicaa, daughter of the Phoenician King. But what, I wondered, makes this essence a super power in modern aromatherapy?

What I found is that Helichrysum is chemically unique in the essence world. The main ingredient is neryl acetate (25-50%)...by far a higher percentage than any other essence. Neroli, Rose, Bergamot, Melissa and Myrtle have less than 3%. Why is this significant? Neryl acetate has relaxing

effects that may reduce tension of the tissues in an area of trauma or injury, facilitating the healing process.

Interestingly, Helichrysum has two ketones not found in any other essence: italdione and betadiketone, which are thought to be potent stimulators for tissue regeneration, scar reduction and wound healing.

Finally, Helichrysum's powerful anti-inflammatory properties are thought to be the action of its curcuminoids. Reduction of inflammation is known to speed the healing process; this allows the flow of damaged material out and healthy nutrients in.

Given Helichrysum's ability to dissolve, calm, rejuvenate and heal on a physical level, imagine what it can do for us emotionally! Its detoxifying power can aid in moving forward from "stuck patterns" by dispersing deeply embedded feelings. It curbs negative emotions and opens us to new and positive feelings. It can heal mental hurts as well as physical, and it helps reduce irritability and mental unrest.

As Barry states in his beautiful book, The Truth about Medicinal Aromatherapy, "Helichrysum's ability to heal emotional scarring, enhance the flow of subtle heart energy, and connect the body with spirit makes it an invaluable aid in spiritual growth."



I believe Helichrysum truly is a powerhouse, both on a physical and an emotional level. It has been my honor to meet her, interact with her and learn with her. **Ed. Note: Brenda M's great Lev. 1 paper offers an insightful look at Helichrysum's distinctive chemistry and her powerhouse personality!**

WOTE Voices from near & far...

Dear Barry, Cynthia & Audre... I want you to know that, from what I know so far of Wisdom of the Earth – you are delivering a "Top Shelf", #1 product with consciousness, light and fairness to all on the planet. I will always be a fan! Jolene S. (CO)

I just received my Essential Oils in the mail! Wow...what an incredible package to open. I am loving all of the oils. What an incredible experience. Oh, my! They are so life-altering. It is just amazing. Thank you!

Elisha T. (NM)

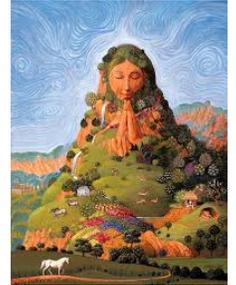
When I received my Angel AromaKit, I could not wait to open the box. I was amazed at how each oil went so perfectly with each Archangel! As I began using the oils, I could feel the Archangels working with me; I felt this amazing calmness come over me. I felt joy, strength, love, a deep connection and a strong presence. I felt a community of Angels around me...I told them how grateful I was and asked them to bless Audre for making this AromaKit for all of us to share.

Linda M. (OH)

“Doing the Work” with Palo Santo... A Spiritual Journey

Ed. Note: Dreaming is an important process for release, growth, insight, visioning, healing... and more. Iva P. included in her Level 1 paper some exquisite messages from Palo Santo that came to her in this way:

Dreaming... Palo Santo is here and has been for thousands of years with huge healing properties. She is similar to Frankincense in her chemical make-up, and that she is sacred and connects you to the Divine. But she is also different. She comes from a different place and therefore gives us a different perspective. She comes from the jungle. From our wild hearts. She heals and returns us to our wildness. To our heart. To Big Huge Love. She returns us to the Mother. To Pacha Mama, the cosmic Mother, and to Mama Pacha, our planet.



She heals like a mother. She is a healer for this new era, the new pachakuti, as they call it in Peru... this coming into the light. She is a healer for this new frequency coming onto our earth now, even though she, herself, is very, very old.

We have to harvest her with great care. We have to re-learn our relationship with the earth, with the Mother. She brings great powerful, miraculous-seeming healing. Physical, spiritual and emotional healing... but she is not to be exploited. She has to be harvested sensitively or we will destroy her. The very harvesting of her is one of the lessons of this shift that is occurring. She will not survive if we are greedy and insist on overusing her. A little goes a very long way. She reminds me again and again and again as I begin to unravel my long habit of materialism.



She takes us into the shadows and helps us face and then release our deepest fears so we can Truly emerge into the light. She is not playing around. She is quite firm about this. She is a beautiful, dark brown spirit. And she is lovely and she is fierce and she is playful and she is absolutely serious. She will take you to meet the forest spirit, but you have to be prepared. She assures me that I am protected, but I have to be prepared and ruthless in my intent to release everything that is holding me back and stuck in my psyche, my heart or my body. She is very, very powerful. She gets us to dig out deep, buried wounds and bring them into the light. She brings us from the darkness to the light. She shows us we ARE the light.

As I am writing this, I can smell her all around me. She comes all the time when you open your heart. She is not just material, she teaches us to trust in the unseen. Become sensitive. Move away from the material, the need for empirical evidence, and into a perspective that incorporates a much broader dimension, where life is experienced on many different levels and is all within a flow.

She warps time. She dissolves attachment to the concrete. She lifts the veil of illusion, but not in an unmanageable way. The more I work with her, the more I hold the bottle in my hand, the more profound love and heart opening I feel. Palo Santo comes from this Land. She comes from The Americas. She does not come from the Middle East and the land of The Father. She comes from the west and the land of The Mother. She comes from the Wild heart of the Divine Feminine.

Dreaming 2: ...I closed my eyes and instantly a huge winged being appeared. She showed me that everything I seek in life is right here. With her. Within me. Right here in the miraculous place. This farm. She will teach me. The Palo is teaching me. She is showing me the dream of unity and leading me away from the dream of duality. Palo Santo is the deep, other face of love. She is the link, the connection to Pacha Mama, the great Cosmic Mother and Father Sun, Inti. The sun behind the sun. She is the Divine Feminine, the Feminine face of God. And she will lead us there if we turn to her with an open heart. She will teach us to heal ourselves and our planet. She is waiting for us to join her with open arms, because she is, in fact, the essence of the Mother. And she is urging us forward because we are at a critical juncture. “Hurry”, she whispers. “Do the work. Time is moving fast.”

Vetiver and I...

Ed. Note: Such a story of transformation... on so many levels! Thank you Tomoe N., one of our Japanese students, for this incredible tale of your journey with Vetiver.

Ok. She supports us for connecting with the Earth. It may be good for me, as I will soon start working with Quantum Touch (a healing technique which utilizes the energy from the Earth for bones and muscles), I thought rationally. To tell you the truth, I did not like her odor and I could not accept it easily.

I work as an illustrator and my illustrations are not stylish. I wish I could draw something cool and sophisticated. I used to feel my illustrations as shameful, and moreover, I am now planning to do something that is probably seen by other people as weird – that is, to become a healer, a body-worker. And that made me feel even more ashamed. I feel so awkward when I imagine what others might say... I could not say out loud that I would be a body-worker.

My inner self perfectly determined what I would do, but I feel very small when I imagine what other people will say. One month ago, I drew a very beautiful blue illustration. Some said “It makes me feel so refreshed, as if I were in an aquarium.” Then I looked at it again and again and realized something was wrong... so, I re-drew it. I drew brown circles in the middle of blue. I was thinking “maybe other people will feel that this is not beautiful. I should not have re-drawn it.” At the same time, I felt “it is perfect.”

Then I illustrated the odor of Vetiver. Vetiver made me feel the colors brown and blue. I used to not use the color brown... the color brown did not interest me. While I was painting the odor of Vetiver, I had a very nice surprise. The color brown looked very, very beautiful. I was watching several tones of the color brown – the waterish brown, the cracked brown while it is drying. I felt those tones of brown as warm, deep and fresh. It was very shocking, because I have never felt the color brown so loving!

I began to feel that my illustrations, that were homespun and not stylish, were very adorable. Then, I started to feel that I'd be freely open about my career as a body therapist. I gradually let go of my tension. Then, to my wonder, the odor of Vetiver changed... it melted into my body and I did not feel the odor that I disliked before.

I have a hunch that I will learn more about accepting myself rather than prioritizing the recognition of other people. Previously, I used to feel my body as heavy and bothersome, but now, I feel my body as a very important partner to live together on this earth. I feel so grateful for my body, and I feel joyful for my life.



Ed. Note: Audre & Cynthia's columns, “In Closing” & “Cyn's Corner”, will return in the Winter Issue of Words of Wisdom. This issue is devoted to the sharings of our students and clients, who continue to inspire with their heartfelt experiences and perspectives on the wonderful world of medicinal aromatherapy.



Audre Gutierrez is a Master Medicinal Aromatherapist and partner in Wisdom of the Earth. She has studied in France with Dr. Malte Hozzel and in the US with Dr. Kurt Schnaubelt, John Steele, & Barry Kapp. Audre consults with clients on using medicinal essences to bring more authenticity, joy and health into their lives. She is also the editor of *Words of Wisdom*. Her personal practice, Shining Sun Aromatherapy, is located in Santa Fe, NM, where she lives with her husband, Leonardo.



For over three decades, Cynthia Olivera de Kapp has been a movement educator and therapist, energy healer and spiritual counselor. Her roots are with the indigenous nations of the Caribbean and Corsica. This rich heritage provides an ancient lineage in the healing arts, including natural medicine. She has been teaching women to dance their prayers, heal their sexual issues and meditate with the Earth and the essences as their allies. Cynthia teaches women how to rediscover the juicy-ness and aliveness of the divine feminine through sacred dance, sacred sexuality, essential oils and heart dreaming.

How to Contact Wisdom of the Earth

Websites: WisdomoftheEarth.com (Home of WOTE): Includes listing, by state, of all WOTE Master Distributors & Teachers; calendar of class dates; hours of recorded training – interviews, radio programs; past and current issues of Words of Wisdom.

ShiningSunAromatherapy.com (Audre's NM Practice): Comprehensive website, includes information on essence properties, additional educational recordings, Audre's blog postings (Essential Thoughts) and Love Notes, her quarterly E-news.

Call us: AZ (home of WOTE): 928-649-9968; NM: 505-438-0855 or 928-300-5090 (Audre's Cell)

Fax the WOTE office: 928-649-0351

Emails: shiningsunfarm@aol.com (Audre)
barryessence@hughes.net (Barry)
cynodance@hughes.net (Cynthia)

To place an order: Please include the specific name of the essence (e.g., Basil, Holy), the size (e.g., 2 ml, 5 ml, 15 ml), the quantity and the price. You can email, fax or call in an order. We will need the billing address of the card for credit card processing. We do not keep your credit card number on file, so please have it ready.

To inquire about or schedule a consultation and/or treatment:

Consultation and transformational body and energy work with Barry & Cynthia: 928-649-9968

Consultation, Custom AromaKits and/or Medicine Wheel experience (the latter is available only in AZ) with Audre: 928-300-5090



Plants have been our allies, our protectors, our food and medicine as long as there has been life on earth. ~Jane Sherry

Wisdom of the Earth

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